



Beans & Greens



Gluten Free



Dairy Free



Very Healthy

READY IN



24 min.

SERVINGS



6

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 garlic cloves minced
- ☐ 1 pound kale trimmed
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cup lower-sodium chicken broth fat-free
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon red wine vinegar

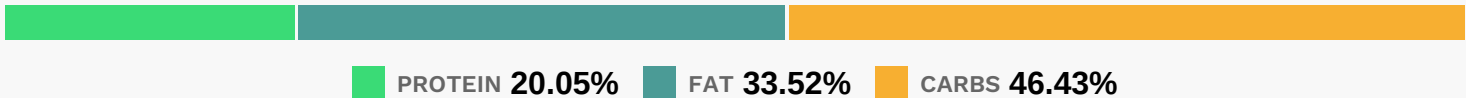
Equipment

- ☐ frying pan
- ☐ dutch oven
- ☐ tongs

Directions

- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add red pepper and garlic; saut 30 seconds.
- ☐ Add kale, turning with tongs to coat.
- ☐ Add broth; cover and cook 3 minutes.
- ☐ Add salt and beans; cook, uncovered, 5 minutes, stirring occasionally.
- ☐ Remove from heat, and stir in vinegar.
- ☐ Sprinkle with cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:3.77, Inflammation Score:-10, Nutrition Score:23.662174058997%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 17.84mg, Isorhamnetin: 17.84mg, Isorhamnetin: 17.84mg, Isorhamnetin: 17.84mg Kaempferol: 35.38mg, Kaempferol: 35.38mg, Kaempferol: 35.38mg, Kaempferol: 35.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 17.09mg, Quercetin: 17.09mg, Quercetin: 17.09mg, Quercetin: 17.09mg

Nutrients (% of daily need)

Calories: 153.21kcal (7.66%), Fat: 6.02g (9.25%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 18.75g (6.25%), Net Carbohydrates: 12.19g (4.43%), Sugar: 0.83g (0.92%), Cholesterol: 0mg (0%), Sodium: 215.67mg (9.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.1g (16.19%), Vitamin K: 299.8µg (285.53%), Vitamin A: 7577.11IU (151.54%), Vitamin C: 70.93mg (85.98%), Manganese: 0.88mg (44.14%), Fiber: 6.55g (26.21%), Calcium: 246.1mg

(24.61%), Folate: 92.99µg (23.25%), Potassium: 671.53mg (19.19%), Iron: 3.4mg (18.88%), Vitamin B2: 0.29mg (17.08%), Magnesium: 61.57mg (15.39%), Vitamin E: 1.76mg (11.76%), Phosphorus: 108.05mg (10.81%), Copper: 0.21mg (10.43%), Vitamin B1: 0.16mg (10.38%), Vitamin B6: 0.18mg (8.92%), Zinc: 1.1mg (7.37%), Vitamin B3: 0.99mg (4.94%), Selenium: 1.97µg (2.82%), Vitamin B5: 0.21mg (2.07%)